

**NAME OF THE PROGRAM:** TRC Transition Boot Camp

**TARGETED POPULATION:** High School Students who are on the Spectrum planning to attend college, preferably 11<sup>th</sup> or 12<sup>th</sup> grade students (to include 2019 graduating seniors who are enrolled in college for the 2019 Fall Semester). All students would be day students.

**TARGET NUMBER TO SERVE:** Maximum of 10

**TARGETED TIME FRAME:** 9:00 AM – 2:00 PM

July 15<sup>th</sup> -17<sup>th</sup>, 2019

**Update:** The TRC-Smyrna Cafeteria will be closed from July 8 through July 19, therefore lunch will not be provided for July sessions. Classes will be held at the Tennessee Rehabilitation Center in Smyrna.



**MAJOR EMPHASIS:** The goal of the TRC Transition-to-College Boot Camp for Autism Spectrum Disorder (ASD) is to identify the unique needs that students with ASD may have as they transition from high school to college. Sessions will focus on introducing and practicing the executive function and communication skills necessary to successfully navigate the first-year of the college experience.

Students will work individually and within a group on a variety of objectives:

- Understanding changes in disability supports – Going from high school to college
- Self-advocacy – How to speak up for what you need
- Requesting accommodations from the Office of Disability Services & Faculty members
- Disclosure – Should I disclose my Autism?
- Increase self-awareness of what it means to have ASD in order to capitalize on my strengths
- Establishing structure and routines
- Time management
- Communicating with peers

**For additional information:**

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